

## What I Have Learned About Life from Barefoot Running

### Introduction:

- A. Many people ask me about running barefoot.
    - 1. I get stopped by police in every new town where I run.
    - 2. I have noticed several good lessons from running.
  - B. Try to find a “mustard seed” that will be helpful.
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- I. LIFE IS PAINFUL. Job 14:1
    - A. Our hope is in our pain. Romans 5:1-5
    - B. A leader is one who increases his toleration for pain in himself and others. Ephesians 4:11-15
    - C. Planned, chosen, and managed pain brings growth. Philippians 3:7-15
    - D. Adjusting to cold weather: 39°; 34°; no limit.
  - II. MANY BIG THINGS CAN BE ACCOMPLISHED BY DOING LITTLE THINGS CONSISTENTLY. Hebrews 12:1-3
    - A. Barefoot running—gradually.
    - B. Bible study. Acts 17:11; Psalm 1:1
    - C. Saving money.
    - D. Mastering, becoming competent in any field of study.
  - III. GOOD BOOKS HELP RUN BETTER.
    - A. Running: *The New Aerobics, The Complete Book of Running, Born to Run, Barefoot Running.*
    - B. Life: Bible. 2 Timothy 3:16, 17; Psalms 119:105, 130
  - IV. IMPORTANT THINGS IN LIFE TAKE A COMMITMENT, NOT A TRIAL. Luke 9:23
    - A. Lady in Franklin Classic, “I’ve thought about trying barefoot running.”
    - B. You don’t try it; you commit to it to see the benefits and enjoy it.
      - 1. Work.
      - 2. Marriage.
      - 3. Living for Jesus.
  - V. MANY PEOPLE WILL THINK YOU ARE WEIRD.
    - A. Are you doing what you are doing because you think it is best or to please other people and escape criticism? Galatians 1:10
    - B. Should make decisions on what is best to glorify God. Matthew 5:16
  - VI. IT’S WORTH IT.
    - A. At 76, I feel great.
    - B. I’ve been blessed tremendously.
    - C. The Christian life is worth it. 2 Timothy 4:6-8